

4th Annual Health, Fitness & Safety



LEARN HOW TO:

Control Diabetes * Control Your Weight
Lower Your Cholesterol * Improve Your Self Image * Reduce Your Stress Levels
Lower High Blood Pressure * Reduce Your Risk of Cancer * Eat Balanced Meals
Participate in Team and Individual Sports * Become More Educated About Your Health
Improve Your Current Physical Fitness Level * Reduce Your Risk of Stroke & Heart Disease



May 15 on the Washington Navy Yard (Willard Park)
May 16 on the NDW Anacostia Annex Furnari Courtyard
from 11 AM to 2 PM



For more information contact Fitness Unlimited at (202) 433-6423 or the WNY Branch Medical Clinic at (202) 433-4515.